This listing of claims will replace all prior versions, and listings, of claims in the application.

- 1. (Currently amended) A device for restraining an insect comprising a planar sheet substrate having a top side and a bottom side, said substrate having an adhesive displaced on said top side to form an engagement area of said top side, said substrate further comprising a compressible, and pliable material, whereby when said sheet is manually manipulated so that when said engagement [[areas]] area on said top side covers an insect and a force is manually applied to said substrate from said bottom side, said insect will cause said substrate to collapse and form a concave depression which conforms to the shape of said insect and therefore partially embed said insect within said substrate.
- 2. (Original) The device as recited in claim 1 wherein said adhesive has adhesive properties substantially similar to the adhesive used on conventional household cellophane transparent tapes.
- 3. (Currently amended) The device as recited in claim 1 wherein said adhesive has adhesive properties substantially similar to the adhesive used on Post-It brand products is a releasable adhesive used on paper note products.
- 4. (Original) The device as recited in claim 1 wherein said substrate further comprises a rigid support means substantially similar to a conventional cardboard index card.
- 5. (Currently Amended) The device as recited in claim 1 <u>further comprising</u> wherein said removable means comprises wax or silicone coated paper covering said engagement area.

- 6. (Original) The device as recited in elaim 1 claim 5 wherein said removable means comprises a non-stick coating provided on said bottom side of a second substrate.
- 7. (Original) The sheet as recited in claim 1 wherein said sheet is provided in the shape of a polygon and having a lateral dimension of less than five inches wide wherein said sheet can be easily manipulated with a person's hand.
- 8. (Original) The sheet as recited in claim 1 wherein said sheet is provided in the shape of a circle, oval or ellipse.
 - 9. (Original) The device as recited in claim 1 wherein said substrate comprises of paper.
- 10. (Original) The device as recited in claim 1 wherein said substrate comprises synthetic resin.
- 11. (Original) The device as recited in claim 1 wherein said substrate has a corrugated configuration.
 - 12. (Original) A pad made up of a plurality of sheets as described in claim 1.
- 13. (Original) The device as recited in claim 1 wherein said adhesive is dispersed over said engagement areas in a discontinuous manner and wherein portions of said substrate are exposed on said top surface in said engagement area.
- 14. (Original) The device as recited in claim 13 wherein the device is in the shape of a flat planar sheet and said engagement layer is the second area of contact as the flat planar sheet is brought into contact with a parallel flat planar surface wherein said engagement area is recessed with respected to said compressible material.

- 15. (Original) The device as recited in claim 14 wherein said adhesive is provided in a striped pattern.
- 16. (Original) The device as recited in claim 15 wherein said adhesive is dispersed over said engagement area in a series of circular regions.
 - 17. (Original) The device as recited in claim 1 wherein said substrate is hydrophillic.
- 18. (Original) The device as recited in claim 1 further comprising elongate extension means.
- 19. (Original) A method of capturing an insect or pest which is found on a surface comprising application of the top side of the substrate as described in claim 14 to an insect or pest, applying pressure to the rear of said substrate and thereby allowing said non-adhesive surface to be displaced and to allow said adhesive to contact said insect and to restrain said pest, and providing additional pressure from said bottom side of said substrate thereby allowing said compressible material to be further compressed by said insect or pest and causing said insect to form a concave depression in said top side of said substrate.
- 20. (Currently amended) The method as described in elaim 14 claim 19 further comprising folding said substrate so that opposite sides of said adhesive are allowed to contact and engage one another.